

Hello Friends,

Many of you ride bikes to and from school. And around the neighborhood. Take a few minutes to review the following safety hints. Please stay safe.

Freddy Fresno



### **Bike Safety**

1. Remember to wear light or bright colored clothes when riding your bike.
2. Remember to ALWAYS wear your helmet when you're riding. It is the law and for your safety. Not stylish enough? Paint it or put stickers on it. And make sure it is snugly fit on your head with the chin strap clipped snugly under your chin.
3. Remember to ride with a friend or your parents. Don't ride alone, especially at night. And ride in single file.
4. Have a headlight and reflectors on your bike. Easier to see you when you're out on the street.
5. Learn and obey the traffic rules.
6. Remember you cannot ride a bicycle on the sidewalk if you are 12 years or older.
7. Ride with caution. Keep your eyes open for drivers in cars that might not see you.
8. Obey all the traffic laws.
9. Remember to ride as close to the right edge of the road as possible with both hands on the handlebars.

### **Bike Inspection**

Make sure your bike is in good condition to keep yourself safe.

1. Check the tire pressure and inflate if necessary. Look for damage to the tires and the spokes.
2. Examine brake pads, cables and housings. Ensure all brake pads open and close properly and they operate smoothly.
3. Is bicycle seat at the proper height for the pedals? Make any adjustments necessary.
4. Check the headlight and make sure secure and working. Make sure the reflectors are secure to the spokes and the back of the bicycle.